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Stoneledge Farm News

Dear Member,

Tomatoes, tomatoes, tomatoes. Slice them, cook them, freeze them while they overfill your share. The varieties that we grow are "determinate" which means that the bulk of the tomato harvest is concentrated over a couple of weeks time. The heirlooms are usually "indeterminate" which means that they ripen sporadically over an extended period. We choose to grow the determinate varieties so that we insure there will be plentiful tomato amounts for membership shares. This year the tomatoes, like most of the vegetables, have done very well and the bounty is yours to enjoy. The Sun Gold Cherry

Tomatoes are the sweetest we have ever grown. If you find there are too many tomatoes to use up and would like to extend your share harvest into the winter, freeze some of the tomatoes. Tomatoes are extremely easy to prepare for freezing. Wash, dry, chunk or keep whole and put in a zip lock freezer bag. Into the freezer until you are ready to use them. While the tomatoes are still frozen before cooking you can run them under warm water and the skins will peel right off. Enjoy the vegetables-Pete and Deb

WHAT'S IN THE SHARE?

- Bright Lights Swiss Chard-1 bunch
- Red Sails Lettuce-1 head
- Buttercrunch Lettuce-1 head
- New White Potatoes-2 pounds
- Scallions-1 bunch
- Edamame-1 bunch
- Slicing Tomatoes-6 pounds
- Sun Gold Cherry Tomatoes-1 basket
- Lipstick Sweet Peppers-4
- Italian Flat Leaf Parsley-1 bunch
- Jalapeno Peppers-hot-take them if you like

FRUIT- Bartlett Pears, Honey Crisp Apples, Long John Plums- 2 bags

The Plums are not ripe yet and need some time to ripen. They are great for baking when ripe.

IDEAS FOR CHARD- Saute chard with garlic in olive oil. Put a cover on the pan and allow chard to steam for about 5 minutes. Add a squeeze of lemon juice and, if desired, some hot pepper flakes before serving.

- Blanch the leaves and add to soup. Try substituting chard for spinach or arugula in soup recipes.

- Make a gratin with the stems: Boil the stems until tender (about 30 minutes). Put them in a gratin dish, add seasonings (such as a little garlic and parsley), top with a bechamel sauce and cook under broiler until golden brown.

- Blanch the whole leaves and stuff them with meat or vegetable fillings.

CHARD ENCHILADAS

2 Tbsp canola oil	4 cups chard, coarsely chopped*	½ cup milk
2 cloves garlic, peeled and chopped	1 tbsp butter	½ cup cheddar cheese, grated
1 onion, peeled and chopped	1 tbsp flour	6 corn tortillas
		½ cup hot salsa

Preheat oven to 375 F. Heat oil; saute garlic and onion until golden. Add chard (in small amounts) until it is cooked down. Make a bechamel sauce: melt butter, stir in flour, add milk and cheese. Stir until thick, then mix into cooked greens. Fill center of each tortilla, roll up, place in lightly oiled baking dish. Spread salsa over all; bake in hot oven for 25 minutes. Recipe developed by Ellen Ogden

CHARD IN DIJON MUSTARD SAUCE

2 ½ tbsp olive oil	2 cloves garlic, finely chopped	1 bunch chard, finely shredded, including stems
1 lg. bunch green onions, chopped	½ lb. mushrooms, sliced	1 tbsp. Dijon mustard

Heat the oil in a large skillet. Saute the gr. onions and garlic for 2 minutes until softened and tender. Add mushrooms and cook 4 to 5 minutes more. Add chard, cover and cook over low heat for about 5 minutes, or until chard is tender but still crisp. Mix in mustard and heat 1 to 2 minutes more. Stir and serve immediately. [More Recipes from a Kitchen Garden](#), Shepard & Raboff

Cut here if you are planning on visiting the farm on Sept 8th from 11-4pm - - - - -

Directions to Stoneledge Farm if you use Mapquest the address is 100 Garcia Lane, South Cairo, NY 12482.

From NYS Thruway N -NYS Thruway to Exit 21, Catskill. At Exit 21 make a right hand turn onto Rt. 23B West. This is not marked very well at the intersection. Stay on Rt. 23B for about 4 miles to the hamlet of South Cairo. The South Cairo Country Store will be on the left. About 1/8 mile on the right hand side will be the South Cairo bridge and County Route 67. Make a right hand turn and cross the bridge onto Cty. Rt. 67. Make the first right, 1/4 mile or so, onto Garcia Lane. Garcia Lane is a Dead End and the fields and barns are at the end of the road.

Stoneledge Farm Visit 2007 is September 8 from 11-4.

CHICKEN WITH POTATOES AND ROSEMARY

1 (2-4 lb.) chicken, cut in pieces 2 cloves garlic, chopped 1 tbsp. chopped rosemary Salt and pepper to taste
4 tbsp. olive oil 1 c. white wine 4-5 potatoes, cut into 1/4 inch slices

Wash and dry chicken. Saute chicken pieces and garlic in 2 tablespoons of olive oil, over medium heat in uncovered oven proof casserole. Turn chicken often. When chicken begins to brown, drain off most of the oil. Add wine, rosemary and cover and simmer for about 5 minutes. Add potatoes, salt, and pepper.

Cover casserole and place in oven. Bake, stirring occasionally, until potatoes are tender, about 15 minutes. Add a little chicken broth (dried package mix, diluted in hot water). Do not, however, add too much liquid because this dish should be rather dry. Watch potatoes. Try not to let them get too soft and disintegrate. Serve very hot.

Parsley is most popular as a garnish and is an excellent breath freshener. It is high in vitamins A and C, and contains iron, iodine, and copper.

USES FOR PARSLEY

Stretch homemade pesto and other green sauces by adding a generous amount of Parsley during mixing. Stir Parsley into melted garlic butter for a savory, yet simple, pasta or steamed vegetable topper. Add directly to liquids, cooked foods, melted butter, and salad dressings for a light spicy touch. Try a no salt herb blend by combining 1 tablespoon each Parsley Flakes, marjoram, and thyme. Crush Parsley in your hand or with a mortar and pestle before adding to food.

EDAMAME-Just pick them from the stalk and steam them for five minutes. Drain, salt and pop them from the pod. Sprinkle with salt.

Tomato, Edamame, and Corn Saute

1 tablespoon vegetable oil 1 14 1/2-ounce can diced tomatoes in juice or equivalent in fresh tomatoe
3/4 cup finely chopped onion 2 cups shelled cooked edamame beans (from about 26 ounces of pods)
1 3/4 teaspoons ground cumin 1 cup frozen corn kernels
1 garlic clove, minced 1/2 cup canned vegetable broth
2 tablespoons chopped fresh cilantro

1. Heat oil in large nonstick skillet over medium-high heat. Add onion; sauté until golden, about 5 minutes.
2. Add cumin and garlic; stir 1 minute.
3. Add tomatoes with their juices; bring to boil.
4. Reduce heat to medium and cook until most liquid has cooked away, about 5 minutes.
5. Stir in edamame, corn and broth. Simmer until most broth is absorbed, about 6 minutes.
6. Season with salt and pepper.
7. Transfer to bowl. Sprinkle with cilantro and serve.

Serves: 6
Credits: Bon Appétit
January 2001
Cooking for Health

Spinach and Ricotta Stuffed Tomatoes

- 4 medium tomatoes
- 1 Tbs. olive oil, plus extra for rubbing tomatoes
- salt and pepper
- 1 bunch fresh spinach (about 8 oz.)
- 1/2 cup part-skim ricotta cheese
- 2 Tbs. parmesan cheese
- pinch nutmeg (optional)

Preheat oven to 375°F. Cut tomatoes in half horizontally and remove seeds. Lightly rub tomatoes with olive oil and sprinkle with salt and pepper. Heat a large skillet over medium heat and add olive oil. Stir in spinach and gently cook for 1 or 2 minutes until wilted. Remove spinach from heat and let cool slightly. Gently squeeze out some of the liquid from the spinach and finely chop. In a small bowl, stir together spinach, ricotta, 1 tablespoon Parmesan cheese, nutmeg, salt, and pepper. Distribute mixture among the four tomato halves and gently press into the tomatoes. Place tomatoes into a baking dish and sprinkle with the remaining tablespoon parmesan cheese. Bake for 35 minutes. Enjoy!

From the Taconic State Parkway N-Proceed on the Parkway and take the RT-82 ramp toward ANCRAM / HUDSON. Turn SLIGHT RIGHT onto NY-82. NY-82 becomes NY-23 W. Turn SLIGHT RIGHT to stay on NY-23 W . Cross the Rip Van Winkle Bridge and continue on NY-23 W about 5 miles. Turn RIGHT onto ROSS RULAND RD. The South Cairo Country Store will be on the left. Turn left onto Cty. Rt. 23B. About 1/8 mile on the right hand side will be the South Cairo bridge and County Route 67. Make a right hand turn and cross the bridge onto Cty. Rt. 67. Make the first right, 1/4 mile or so, onto Garcia Lane. Garcia Lane is a Dead End and the fields and barns are at the end of the road.